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Diamond Jubilee Grand Parades taking place today and tomorrow



ORANJESTAD -- The final spectacle of Aruba's 60th Anniversary Carnival celebration is taking place this weekend, today and tomorrow in San Nicolas and Oranjestad, respectively. The Oranjestad parade is expected to be one of the grandest in the island's history, with no less than fourteen groups participating and an exceptional number of floats, band trailers and roadpieces.

Earlier this month, it was announced the routes of both final parades would be extended, but this has been rescinded for the San Nicolas event. The parade will start at the Joe Laveist Ballpark at 11:00 AM and follow its traditional path through the town.

The extended new route mapped out for the Sunday parade in Oranjestad will be in effect. The gathering area will commence at Primesmart on the Avenida Milio Croes and the official start of the parade will be at the Hagemeyer store at 10:00 AM. The parade will take its usual

path down the Vondellan and along L.G. Smith Boulevard from Talk of the Town Resort.

The parade would normally end at the former DOW building on the western end of Oranjestad, but because of the large number of groups, and the plan to have them all participating simultaneously at some point, it will continue all the way to the rotunda next to the Wendy's on the L.G. Smith Boulevard.

pectators can set up chairs and prepare an area to watch the parade all along this route, if they do not already have a place and trailer set up. There are a number of venues along the extended route offering refreshments, as well as vendors who have attained permits solely for the parade.

Those new to the event are advised to bring their sun block and use it lavishly, as well as camping out with a cooler and beverages to remain well hydrated in Aruba's tropical climate.

Such a long parade as Sunday's promises to be will take at least four hours or more to pass any given location, and it is not expected to finish until sundown. Those planning to catch the parade on the west side of town should be aware it will not reach there until at least mid-afternoon, so as not to spend too much time sitting in the sun waiting for the parade.

Vacationers who are due to depart the island on Sunday should keep in mind that Oranjestad's main road to the airport will be closed off from early in the day. If you have a rented car, inquire with your concierge desk about an alternate route to the airport. If taking a taxi, allow for additional travel time, as they will have to take a roundabout route.

All are invited to enjoy what will likely be one of the most memorable carnival events ever, a finish with flourish for Aruba's Diamond Jubilee Carnival.

By Rosalie Klein

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Death toll hits 17 US lawmakers offer measure condemning Venezuela abuses

WASHINGTON (AFP) - Citing Venezuela's "inexcusable" violence against anti-government demonstrators, US lawmakers introduced a measure Friday condemning the oppressive tactics and urged President Barack Obama to impose sanctions on those responsible for the crackdown.

The bipartisan resolution expresses House members' firm support for Venezuela's pro-democracy demonstrators and urges other governments and organizations in the region to stand in solidarity with the protesters and help bring about a dialogue to end the crisis.

Congress "deplores acts which constitute a disregard for the rule of law, the inex-

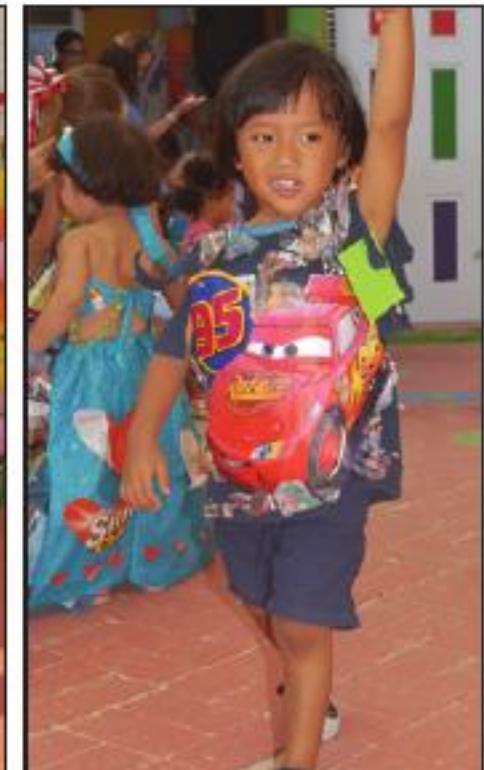
cusable violence perpetrated against opposition leaders and protesters in Venezuela, and the growing efforts to use politically motivated criminal charges to intimidate the country's political opposition," the non-binding resolution states.

It was unanimously approved by a foreign affairs subcommittee Friday and could soon be brought before the full House of Representatives. A similar resolution was introduced Thursday in the US Senate.

Venezuela is convulsing with unrest one year after the death of strongman Hugo Chavez, a Washington adversary. At least 17 people have died in more than three weeks of demonstrations.

Continued on pg 6

Villa Doortje's little ones celebrates their Carnival



ORANJESTAD -- This week the little ones at Villa Doortje Peuterspeelschool held their own Carnival Celebration in honor of Aruba's 60th Jubilee. A Carnival Reinita (Princess) was chosen and also her Prins and Pancho.

All the costumes were created of recycled materials being aware of Green living.

The results were the following: Reinita: **Allison Moris**; 1st runner-up **Rebecca Trimon**; 2nd runner-ups: **Alysha Ras** and **Kizianah Khouri**

Prins was **Christopher**

Fingal and Pancho Rhomain Martijn.

The event was a very animated and cute happening where the little ones had a chance to enjoy themselves immensely. Edwina Does of Villa Doortje was very happy with the turnout and thanks everyone who give a helping hand to make this tremendous happening possible.



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El Gaucho wishes everyone a safe 60th Carnival

Mediq Pharmacies officially introduced



MEDIQ

ORANJESTAD -- This past week the Mediq Pharmacies were formally introduced on Aruba. For the occasion a special ceremony was held at Botica Central in Santa Cruz where a large number of visitors and invitees were present along with several dignitaries. As could have been noted by everyone, during the past months all six Visser pharmacies on the island have been renovated and have received a brand new look. One of these pharmacies has also been moved to a new location in Noord. All of the six pharmacies have been renamed with the name Mediq in front of its name. This is because the successful chain of pharmacies in Holland now represents Visser Holding in Aruba as a franchise.

Richard Visser who spoke on behalf of the Visser family related something of the past 47 years of the company started by his family. The company has now entered into a partnership with Mediq.

Richard Visser remarked..."this afternoon it is important for me to mention that, at the start of this new beginning, something of the foundation of our business. This company is based on the vision of my parents and the commitment of our employees during the past 4 decades. It was in 1967 that my father opened his first botica (pharmacy) which was Botica San Lucas in San Nicolaas. The mission of his life continues after 47 years and continues today with a new commitment to help our community to live healthier.

His vision continues today and now growing and transforming into a new and innovative concept. It took us 6 months of work, two contractors in combination with our employees working hard, fast and with quality to be ready for today. The first botica to be renovated was botica San Lucas in San Nicolaas, which is again the first to mark the steps of this new era beginning here today."

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Marty and Deb Eskow honored at the Tropicana Resort



Recently the Aruba Tourism Authority had the great pleasure of honoring a very special couple whom are loyal and friendly Visitors of Aruba, at the Aruba Tropicana Resort and Casino, as Ambassadors of Goodwill. The symbolic honorary title is presented in the name of the Minister of Tourism as a token of appreciation to guests who visit Aruba for 20 or more consecutive years.

The honorees were Mr. Marty and Mrs. Deb Eskow from Jackson NJ. Marty and Deb are loyal members of the Tropicana Resort and they love Aruba very much because of the friendly people, the climate, beaches, restaurants, casinos, great entertainment and being on Aruba and staying at the Tropicana is like being home for them.

The certificates were presented by Mr. Ernest Giel representing the Aruba Tourism Authority together with Mrs. Jacky Feliciana representing the Tropicana Resort.

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Sequence of Groups in Parades

SAN NICOLAS

Grupo Nr: 1	Meta Social Club
Grupo Nr: 2	TOB Carnaval Group Reina Hubenil 2014
Grupo Nr: 3	Champagne Carnival Group
Grupo Nr: 4	Los Laga Bay
Grupo Nr: 5	Dushi Carnival Group
Grupo Nr: 6	Royal Carnival Group
Grupo Nr: 7	Majestic Carnival Group
Grupo Nr: 8	Suriname Brass Band
Grupo Nr: 9	Loco Loco
Grupo Nr: 10	Pleaser & Teasers
Grupo Nr: 11	OPC Carnival Group
Grupo Nr: 12	Flash Back
Grupo Nr: 13	XC Lance Carnival Group
Grupo Nr: 14	Basha Pret

ORANJESTAD

Lista di Grupo Parada Adulto Oranjestad

Grupo Nr: 1	Meta Social Club
Grupo Nr: 2	TOB Carnaval Group Reina Hubenil 2014
Grupo Nr: 3	Majestic Carnival Group
Grupo Nr: 4	Champagne Carnival Group
Grupo Nr: 5	Royal Carnival Group
Grupo Nr: 6	Los Laga Bay
Grupo Nr: 7	Suriname Brass Band
Grupo Nr: 8	XC Lance Carnival Group
Grupo Nr: 9	OPC Carnival Group
Grupo Nr: 10	Dushi Carnival Group
Grupo Nr: 11	Loco Loco
Grupo Nr: 12	Pleaser & Teasers
Grupo Nr: 13	Curacao Brass Band
Grupo Nr: 14	Basha Pret

Hospital dietitians have important nutrition tips for Carnaval parades



ORANJESTAD – This year, Aruba's Carnaval season is a bit longer, with longer routes during parades accommodate all the groups participating and the anticipated increased number of spectators. The Horacio Oduber Hospital dietitians wish to share some valuable tips to observe while spending long days in the sun, participating in or observing these events.

Proper nourishment is very important during these events, especially for children and the elderly. Be sure to partake of a meal at the start of the day, before leaving the house, preferably of non-fat food, such as a sandwich with a drink or cornflakes with milk.

Mrs. Geraldine Jean-Baptiste-Tromp and Mrs. Angelique Salsbach of the Dietetic Department at the hospital place great emphasis on hydration, nutrition and protection for the most vulnerable among the community, namely the children, elderly and individuals with chronic diseases, like diabetes. Do not stay long hours without eating or drinking, especially if you are standing in the heat and sun.

A person who does not

stand still uses a lot of energy, sweats and sheds fluids. It is advisable to drink copious amounts of liquid, preferably water. For nourishment, it is advisable to have 'grab and go' food. It is easier, and the food stays fresh for a longer period, especially when standing in the sun and/or a hot environment. The dietitians recommend 'cereal bars', 'crackers' and sandwiches that do not contain meat or mayonnaise. If you are planning to take perishable food, then keep it in a cooler with ice.

Other tips are:

- Wear fresh, light colored clothing that protects you against the sun.
- Use a sun block
- Take the sun block with you to apply a few times during the parade
- The use of a hat is advisable.
- In case a person regularly uses 1 or more medications, take them according to the doctor's prescription, either before leaving the house, or have dose with you to take at the prescribed hour



Mrs. Salsbach and Mrs. Jean-Baptiste-Tromp recommend all diabetics to inform one or more persons in their group about their condition, in case they need help. Heat and movement, with the resulting perspiration and loss of fluids, and/or drinking alcohol can lower the sugar level. This can be avoided by combining alcohol with snacks that contain readily digested carbohydrates like a sandwich, cereal bar, etc.

The Horacio Oduber Hospital team wishes everyone a safe and happy Carnaval season.

Carnaval Schedule



SAT. MARCH 1
Jouvert Morning - San Nicolas - 3 a.m.
San Nicolas Grand Carnaval Parade - 11 a.m.

SUN. MARCH - 2
Aruba's Grand Carnaval Parade - Oranjestad - 10 am

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Loyal visitors honored at the Aruba Divi Phoenix Resort



Recently the Aruba Tourism Authority had the great pleasure of honoring a group of loyal and friendly Visitors of Aruba, at the Divi Phoenix Beach Resort, as Distinguished Visitors and Ambassadors of Goodwill.

The symbolic honorary title is presented in the name of the Minister of Tourism as a token of appreciation to guests who visit Aruba for 10 to 19 and 20 or more consecutive years.

The honorees were Mr.

Stephen Teta, Mr. Norman and Mrs. Danelle Bodine, Mr. Frank and Mrs. Judy Michienzi, Mr. Robert and Mrs. Jami Snow, Mr. Thomas and Mrs. Charlene Puzzo, Mr. Butch and Mrs. Betty Merlino and Mr. Jim

and Mrs. Jan Gangi.

All the honorees are loyal members of the Divi Phoenix and they love Aruba very much because of the friendly people, the climate, beaches, restaurants, Casinos and Aruba feels like a second

home, the people are like a family to them and the Divi Phoenix is their home away from home.

The certificates were presented by Mr. Ernest Giel representing the Aruba Tourism Authority together with Mrs. Avril, Mr. Pedro Vargas and Mr. Gerritt Griffith representing the Divi Phoenix.

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to**



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up**

Death toll hits 17 US lawmakers offer measure condemning Venezuela abuses

Continued from pg 1

Congresswoman Ileana Ros-Lehtinen, an author of the House measure, blasted Venezuelan President Nicolas Maduro for seeking to silence dissent "by unleashing the state thugs on innocent civilians."

She also said she and other lawmakers would write a letter to Obama and introduce legislation next week seeking to deny US visas to Venezuelan officials responsible for the crackdown, and freeze their US assets and property.

Fellow Republican Jeff

Duncan said he too would seek to introduce sanctions legislation against Venezuela. "I think that's important as a tool that we can use," he told the subcommittee, although he did not provide details on what penalties he would seek against Caracas.

Duncan cited Venezuela's standing as a major drug transit hub, its huge oil reserves, and its deep ties to Cuba, Russia and Iran as rationale for stronger US efforts to promote democratic institutions in the South American nation.

Defiant Yanukovych vows to fight on as he emerges in Russia

ROSTOV-ON-DON (AFP) - Ukraine's ousted president Viktor Yanukovych insisted Friday he had not been overthrown as he defiantly surfaced in Russia from a week in hiding and savaged the new pro-Western powers in Kiev.

The deposed pro-Kremlin leader spoke only hours after Ukraine's pro-EU interim authorities said they had regained control of two Crimean airports seized during what they branded an "armed invasion" by Russian troops.

The untested new team -- made up in part of leaders of the protests that gripped Kiev for three months -- is grappling not only with separatism fears but also the risk of a devastating debt default.

But IMF chief Christine Lagarde said Friday there was no need to panic while US Secretary of State John Kerry said he had been assured by Russian counterpart Sergei Lavrov that Moscow was still willing to help its neighbour despite Yanukovych's ouster.

Yanukovych dramatically ended six days of guesswork about his whereabouts by walking out on stage before about 200 reporters in Rostov-on-Don -- an industrial city less than two hours' drive from the border with Ukraine.

The 63-year-old -- sitting confidently in a pressed suit with a dark blue tie in front of three Ukrainian flags -- said he had been shot at with automatic fire in Kiev and left because of threats to his life.

He vowed to continue to fight for Ukraine's future while boycotting a snap presidential poll the new Western-backed leadership has set for May 25.

"I have not been overthrown by anyone, I was compelled to leave Ukraine due to an immediate threat to my life and the lives of those close to me," he said.

"I intend to continue the fight for the future of Ukraine against those who try to saddle it with fear and terror."

He called the new leadership "young neo-fascists" and blamed the "irresponsible policies" of the West for the crisis but said he planned to return.

Yanukovych also revealed he had spoken by phone with -- but had not met -- Russian President Vladimir Putin and expressed surprise that his ally had not yet spoken out on Ukraine since his flight.

The Kremlin issued a brief statement after Yanukovych's comments saying Putin had stressed in phone talks with EU leaders "the extreme importance of not allowing a further escalation of violence and the necessity of a rapid normalisation of the situation."

But the foreign ministry said its consulate in the main Crimean city of Simferopol would fast-track Russian passports for members of Ukraine's elite riot police -- a feared force blamed for mowing down protesters in Kiev at point-blank range.

Ukraine's bloodiest crisis since its 1991 independence erupted in November when Yanukovych made the shock decision to ditch an EU trade pact in favour of closer ties with old master Russia.

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North Korea's Scud launch violated UN resolutions: US

WASHINGTON (AFP) - North Korea's launch of Scud missiles violated UN resolutions barring the firing of ballistic missiles, the Pentagon said on Friday.

The Defense Department initially said that the missile launch on Thursday was legal, but now says that was incorrect.

"Yesterday, I erroneously noted that these resolutions allow for North Korea to fire short range Scud missiles. That is not the case," Pentagon spokesman Colonel Steven Warren said in a statement.

UN Security Council resolutions 1718 and 1874 prohibit North Korea "from launching any ballistic missile, and this includes any Scud missile," he said.

The resolutions were adopted unanimously by the Security Council in 2006 and 2009 after nuclear tests carried out by Pyongyang.

The firing of the four short-

range missiles off the east coast of North Korea coincided with US-South Korea joint military exercises.

Analysts said Pyongyang used the missile launch to convey its anger over the drills, which overlapped with the end of the first reunion in more than three years of families di-

vided by the Korean War.

The Pentagon spokesman said the United States closely monitored missile tests and called on the North to "refrain from actions that aggravate tensions and instead come into compliance with its international obligations and commitments."



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Iceland refuses EU referendum despite mass support

REYKJAVIK (AFP) - Despite a poll on Friday showing more than 80 percent support for a referendum on joining the European Union, the Icelandic government still planned to abandon membership talks with the bloc.

Less than a third (32.1 percent) of Icelanders surveyed backed the government's decision, according to the poll by market research institute MMR, published in Frettablaðið newspaper. More than two-thirds (67.9 percent) said they want to put the process on hold.

But perhaps most alarming for the governing centre-right coalition was the whopping 81.6 percent who said they want a referendum on whether to continue negotiations on EU membership.

A mere 18.4 percent were not in favour of a referendum.

On February 21, the government announced a draft bill to "retract the application for membership of the European Union" which the island nation had submitted in 2010 -- reneging on a previous pledge to hold a referendum on the issue.

Although a majority of Icelanders are opposed to ultimately joining the EU, they want it decided in a referendum.

The government's u-turn has brought thousands of pro-EU

protesters onto the streets of the capital Reykjavik and led to a petition signed by 40,500 -- one in six voters -- as of Friday afternoon.

But the government has shown no sign of wavering.

After nearly a week of political wrangling it presented the bill aimed at exiting EU talks to parliament late Thursday.

A debate on the bill began Thursday night, but was later suspended for a scheduled parliamentary recess, and is expected to continue on March 10.

Iceland is a member of the European Economic Area and the Schengen Convention -- which allow free trade and movement within the EU -- but fishing has been a major point of contention standing in the way of EU membership.

The topic was not brought up in accession negotiations which began in June 2011.

The Nordic country's relations with Brussels deteriorated in September when the EU threatened trade sanctions if Iceland did not reduce its mackerel quota, and Iceland announced it was pulling out of accession talks indefinitely.

Pro-EU Icelanders see the adoption of the euro as the main advantage of membership, which they believe would help stabilise the island's economy which was rocked by the financial crisis in 2008-2009.

Thousands in Philippines sign up to break organ donor record

MANILA (AFP) - Thousands of people in the Philippines pledged Friday to donate kidneys and other body parts after death as part of a bid to set a world record for organ donations, the health ministry said.

A "record" 3,548 people signed up for organ donor cards at one Manila university in the space of an hour in the campaign launched by the ministry, he added.

This overtook India's one-hour record of 2,755, set in Gujarat in September last year for a Guinness World Record, Tayag said.

Guinness did not immediately certify the Manila donations.

The Philippine effort however failed to surpass India's eight-hour world record of 10,450 people set in Haryana in December last year, Tayag

said. People signed up in six locations around the Philippines today as part of the world record bid, the official said.

Each will receive an organ donor card that they can put in their wallets, which specifies what organs can be harvested, said Tayag.

The event was also intended to spread awareness and remove the stigma in the Philippines about organ donation, he added.

Organ transplants are a controversial issue in the Philippines with poor people sometimes selling their kidneys and other organs to wealthy foreigners in the guise of "donations".

The government banned most transplants of Filipino kidneys to foreigners in 2008, but critics say it is still going on in secret.

Hedonistic fury awaits as Rio gears for carnival



RIO DE JANEIRO (AFP) - Amid a cacophony of samba drums and sequinned dancers, Rio residents prepared to launch themselves into five days of hedonistic entertainment with the start of the city's legendary carnival.

The metropolis of six-million has been gearing up for weeks the official start of the world's biggest street party, as carnival 'sovereign' King Momo yesterday received the keys of the city from the mayor in a symbolic handover of 'power' for the duration.

Momo this year will be portrayed by Wilson Dias da Costa Neto, a smiling, moon-faced 27-year-old.

This year's festivities are set to be even more frenzied than usual as Brazil prepares to host the World Cup for a month from June 12.

A dozen samba schools will go up against each other Sun-

day and Monday in the Special Parade which will draw around 70,000 spectators to the city's fabled Sambadrome.

The schools, each comprising thousands of performers, will parade along the 700-meter (yard) Marqués de Sapucaí avenue leading to the Sambadrome designed by celebrated Brazilian architect Oscar Niemeyer.

But countless street groups or 'blocos' are also getting in on the act, led by the Cordão da Bola Preta, Rio's oldest group founded in 1918 which will gather an estimated 1.8 million people.

Cordão da Bola Preta means black dot string -- according to local lore, pretty women in polka dot dresses would in days gone by draw the locals out into the streets as if on a string.

Dozens of other blocos will also parade in different parts

of town -- including Sargento Pimenta (Sergeant Pepper), who will Monday pound out Beatles music to a samba beat.

Adding to the millions of local revelers, the city hall expects 918,000 tourists to throng the jam-packed streets -- some two percent more than last year -- with revenues forecast at around \$400 million.

They will more than make up for those residents who pack their bags at this time of year to escape the din.

Police have stepped up security and erected protective scaffold around some buildings in the centre of Rio, which will host seven World Cup matches, including the July 13 final and then welcome the 2016 Olympics.

Thursday evening saw the Ocupa Carnaval pressure group hold a spoof mini-carnival, donning Indian head-dresses in solidarity with Brazil's indigenous poor, some of whom have been expelled in recent months from around Rio's fabled Maracana stadium.

Cariocas, as Rio residents are known, are renowned for being body conscious to the point of obsession and many of their lurid carnival costumes, depicting anything from devils to nuns, policemen and pirates to nurses, are not for the prudish.

Tips for walkers during Half Marathon

Aruba's 29th International Half Marathon

In connection with the next grand sports event, the 29th Aruba International Half Marathon, IBiSA is informing and sharing various tips with participants and athletes participating in the event.

The 5 and 10km distances are very popular among those wanting to keep physically active. But the Half marathon, which is a total of 21 kilometers, has also become very popular on Aruba. This distance, however, is a real challenge for many persons. The number of international participants will be many again this year.

Certain preparation is necessary before and during the race to be able to enjoy, benefit from and complete it successfully.

Interval and Walking:

If you intend to do the interval (walk and walk fast), don't wait until you are very tired. It is recommended that you include a part of the routine during your preparation for the race. This will give you an understanding of your body, strength and speed.

Don't let the emotion of the race change your training strategy. Lower your speed early before you begin to feel tired, this will help you to replenish your body.

Water Sites:

It is important for an athlete to drink lots of water to keep well hydrated during the Half marathon, hence the reason for the water sites. The athlete should always keep right, lowering speed to fetch water. His way he will not be obstructing others. Take the water and try to keep moving while drinking



slowly. Don't stand still, because you can hinder the path for others. If you have to stand still, get off to the left and allow sufficient room for other athletes to go by.

Tips for the start and walking route:

For the walking participant intending to walk the entire route, the best option is to allow runners and fast walkers to go ahead of them. In big international races, the majority of the race is marked by a chip and this chip is activated the moment the participant passes on the carpet. Hence the candidate need not get excited at the moment that the start shot is fired. A participant can choose to walk alone or be accompanied, in accordance with his walking pace. It is advisable to not walk in groups of 3 or more persons. This is to avoid blocking the way for other runners or walkers with more speed.

Try to maintain a constant pace, unless you decide to pass the participant ahead of you. Don't deviate unnecessarily and abruptly, this can confuse and make other participants stumble and fall.

If you decide to reduce your speed, it is best to keep right to avoid blocking other runners with higher paces.

Good Planning:

On the day of the Half Marathon it is good for athletes to wear sport clothing already used during training. This also applies to the sneakers on your feet. You want to avoid getting rashes or blisters from wearing



brand new clothing or sneakers.

A participant can take as much as 3 hours to complete the entire Half Marathon route. Take note of the time allowed to complete the 21 kilometers. Some races will allow for sufficient time to complete the race while others will have

a limited time, between 2 and a half to 3 hours. When registering it is important to familiarize yourself with all the rules and restrictions so you know whether you can comply and complete the race in the time allotted by the organizers.

Michelle Obama unveils new US food label plan

WASHINGTON (AFP) - Calories in bold print, added sugar amounts and realistic serving sizes may soon be portrayed on food labels aimed at fighting America's obesity epidemic, First Lady Michelle Obama said Thursday.

No more would a serving of ice cream be described as a half cup, or a single packaged muffin be labeled as two servings, according to the proposed changes.

Instead, more than 700,000 products would undergo the most significant labeling revamp in two decades to help consumers make healthier choices and save billions in medical costs from chronic diseases that arise from poor eating.

"This will be the new norm in providing consumers with information about the food we buy and eat," Obama said at a White House event. "So this is a huge deal."

The final format of what the First Lady described as the "label of the future" has not been formally decided upon, through two draft versions were unveiled at the White House.

First, there is a 90-day comment period. After that, the changes will likely take two years or more to implement, administration officials said.

If approved, the calorie count would be printed in a larger size than the rest, and a new line would detail "added

sugars" -- not just total sugars.

The changes would also attempt to eliminate confusion about how many servings a container holds, and how many calories are in a serving.

Under the new proposal, if a soda is 20 ounces (0.6 liters), the calorie count on the label would reflect the amount in a 20 ounce soda.

Currently, the advertised calorie count is much lower, since it reflects just one serving, and in a 20 ounce soda there are 2.5 servings.

Single-packaged pastries, cookies and muffins also often say they contain two servings, which experts say can be misleading.

"You as a parent and a consumer should be able to walk into a grocery store, pick an item off the shelf, and tell whether it's good for your family," said Obama.

Labels would also include mandatory potassium and vitamin D amounts for the first time.

Calories from fat would be eliminated, since health experts understand more today than they did 20 years ago about good and bad fats, administration officials said.

For Obama, advocating healthy eating and exercise, particularly among young people, has been a centerpiece of her efforts. Thursday also marked the fourth anniversary of her "Let's Move" campaign.

More than one third (35.7 percent) of Americans are obese, according to the Centers for Disease Control and Prevention, a trend that has remained steady among adults in recent years.

But new CDC data released this week showed, for the first time, a steep 43 percent drop in obesity among toddlers, signaling potential progress against the epidemic.

Some pushback over the labels is expected from the food industry, particularly regarding salt and sugar content.

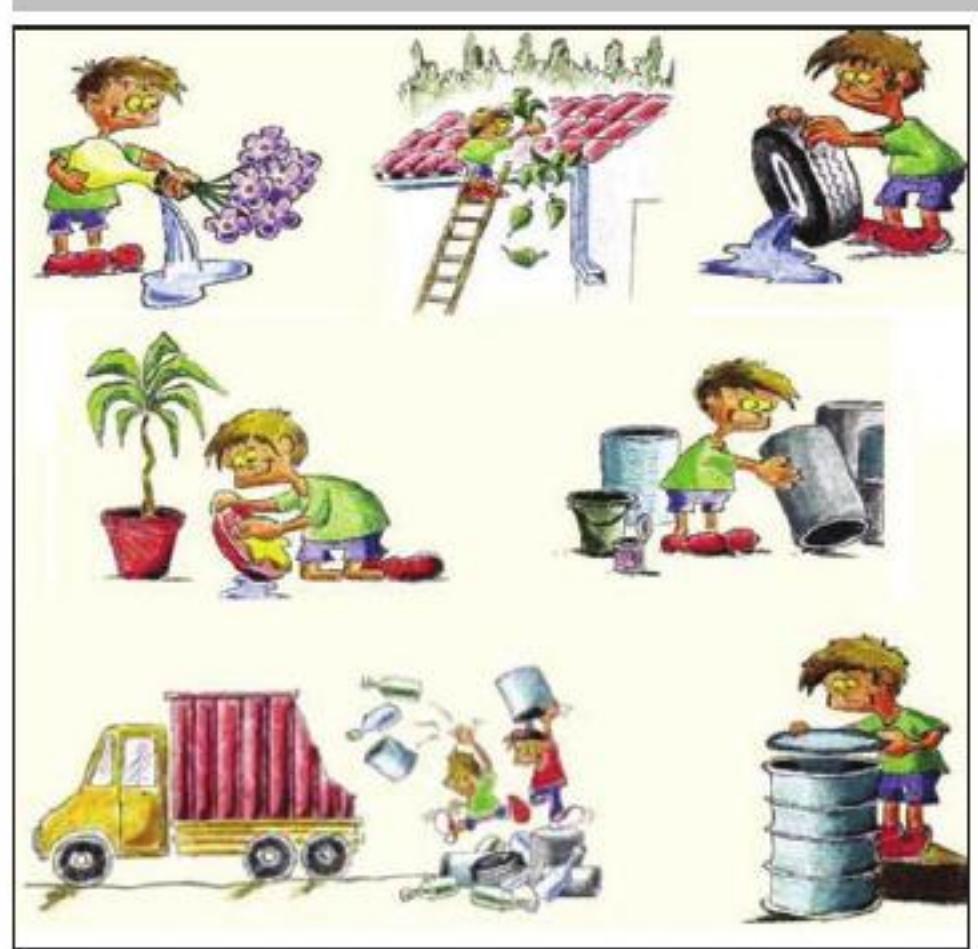
The Grocery Manufacturers Association, an industry group, said it would work with the Food and Drug Administration, which is in charge of the process, but said any changes must "ultimately serve to inform, and not confuse, consumers."

The nutrition facts label has only undergone one update in two decades, and that was to add a line about trans fat content in 2006.

The labels could improve public health by reducing the risk of heart disease, obesity, high blood pressure, diabetes and strokes, which cost the United States around \$150 billion a year, administration officials said.

Consumer health groups welcomed the proposal, but some called on the FDA to go further by establishing recommended daily values for sugar and by lowering salt.

Let's Be Dengue Free



Hollywood primed for (possibly soggy) Oscars night

HOLLYWOOD (AFP) - Hollywood is ready for its close-up Sunday as stars gather for the most fiercely contested Oscars show in decades, but organizers hope the weather doesn't rain on their glamorous red carpet parade.

Forecasters predict Los Angeles could have its biggest storm for two years from Friday and potentially through the weekend, when the movie industry's finest come together for the climax of the annual awards season.

Three movies -- harrowing historical drama "12 Years a Slave," 3D space thriller "Gravity" and 1970s crime caper "American Hustle" -- are leading a packed field for the top prizes.

But all bets are off for the big prize of the night, the best picture Oscar, which will be handed out at the end of the 86th Academy Awards ceremony hosted by US talk show host Ellen DeGeneres.

The 6,000 or so voting members of the Academy of Motion Picture Arts and Sciences cast their ballots over 12 days starting on Valentine's Day and ending on Tuesday.

Sunday night's show will be preceded by the usual fashion extravaganza on the red carpet, as Tinseltown's finest parade along Hollywood Boulevard and into the Dolby Theatre.

Organizers hope rain doesn't affect the parade, they hastily rescheduled the carpet roll-out to avoid forecast rain earlier in the week, and said Thursday they were reviewing some camera positions, partly due to the weather.

Organizers of Tinseltown's biggest night, it is probably one headache they could do without.

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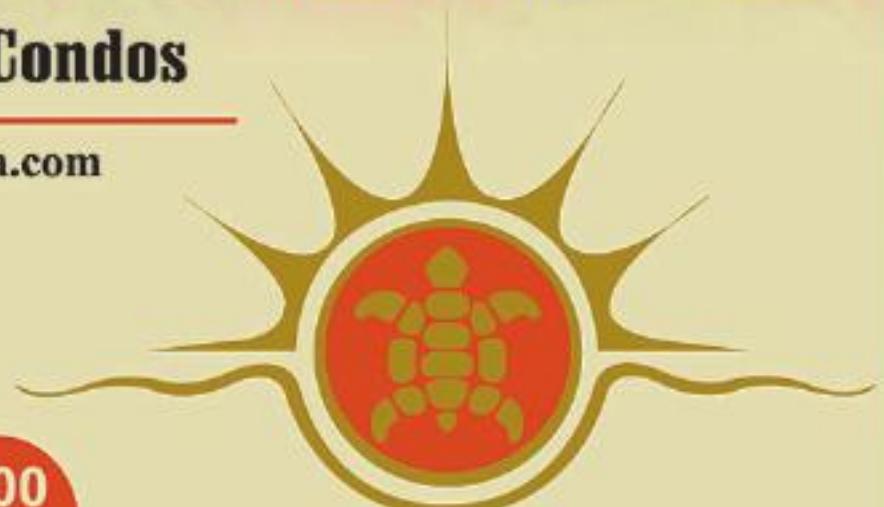
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Spaniards pay last respects to flamenco legend Paco de Lucia

MADRID (AFP) - Spaniards from all walks of life flocked as devoted fans to a Madrid music hall on Friday to pay their final respects to flamenco guitar virtuoso Paco de Lucia.

A stream of visitors ranging from politicians and music stars to ordinary citizens who only knew him from afar streamed past his closed coffin laid out in the Spanish capital's main music venue.

"He was a genius, a genius in all aspects. In the way he composed, in the way he in-

novated, in everything," said Pedro Benitez, 45, a lifelong fan who was the first in the line of people waiting in silence to pay their respects.

Born Francisco Sanchez Gomez, the guitarist died of a heart attack aged 66 on Tuesday after feeling unwell while playing football on a beach with his eight-year-old son near the Caribbean resort of Playa del Carmen.

His body arrived in Madrid on Friday and the coffin was displayed at the red-brick National Auditorium of Music



for four hours.

He will be buried in his home town of Algeciras in

bers of people who turned out to bid farewell to the musician showed "the immense affection" Spaniards had for him.

De Lucia brought flamenco to a world audience with his speedy fingerwork, which is credited with modernising the gypsy tradition of his native Andalusia by absorbing jazz and pop influences.

Mourners walked slowly by the coffin which was on the stage of the music hall. Some took pictures with their mobile phone or gave flowers to a young boy who laid them by the coffin.



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German court throws out lawsuits against Apple



BERLIN (AFP) - A German court threw out on Friday two copyright violation lawsuits against US tech giant Apple by German firm IPCom.

"Both suits were rejected. IPCom can now appeal against the verdict," a spokesman for the court in Mannheim told AFP.

Sharks strapped with cameras to film them



For the first time scientists are able gain a 'shark's eye' view and witness what life is like as a top predator thanks to new technology. Researchers at the University of Hawaii and the University of Tokyo have fitted sharks with sensors and video recorders to measure and see where they are going, how they are getting there, and what they are doing once they reach their destinations. While other scientists are also piloting a project using instruments ingested by sharks and other top ocean predators, like tuna, to gain new awareness into these animals' feeding habits. The instruments, which use electrical measurements to track ingestion and digestion of prey, can help researchers understand where, when and how much sharks and other predators are eating, and what they are feasting on. Using the sensors and video recorders, the researchers captured unprecedented images of different species of sharks swimming in schools, interacting with other fish and moving in repetitive loops across the sea bed.



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Double mastectomy wiser for telltale gene: study

PARIS (AFP) - Women diagnosed with breast cancer caused by a notorious gene have a much better survival chance if they have both breasts removed instead of one, a study said.

Out of 100 women with a BRCA gene mutation who have a double mastectomy for early breast cancer, 87 will be alive after 20 years, it said.

This compares to 66 of every 100 who opt for a single amputation, according to the research published in the British Medical Journal (BMJ).

"We conclude that it is reasonable to propose bilateral mastectomy as the initial treatment option for women with early-stage breast cancer who are carriers of a BRCA1 or BRCA2 mutation," the authors wrote.

For those who have had one breast removed, "the possibility of a second surgery should be discussed," they advised.

Breast cancer has multiple sources, but the best-known inherited causes are the so-called BRCA1 or BCRA2 (for Breast Cancer susceptibility) genes that carry telltale mutations.

About 0.2 percent of women carry a harmful variant of these genes.

It boosts their lifetime risk of contracting breast cancer to as much as 80 percent compared to about 10 percent among women without the mutation. These women also run a high risk of recurrence after treatment.

The mastectomy question was thrown into the spotlight last year when Hollywood star Angelina Jolie announced she

had both breasts surgically removed as a preventative measure after tests revealed she carried the BRCA mutation. She had not been diagnosed with the disease.

Rocker Ozzy Osbourne's wife, Sharon, did the same the previous year.

There were some 521,000 breast cancer deaths in 2012, according to the World Health Organisation (WHO). It is the most common type of cancer among women.

For the study, specialists in Canada and the United States compared the survival rates of 390 women diagnosed with early-stage breast cancer between 1975 and 2009.

They were all known carriers or likely carriers of a mutation in the BRCA1 or BRCA2 gene.

Of the group, 79 women died in the follow-up period -- 18 of them had had a double mastectomy and 61 a single one.

"Having both breasts removed was associated with a significant (48 percent) reduction in breast cancer death compared with having only one breast removed over a 20 year period," said a statement.

The study said half of women in North America with a BRCA mutation opt for a double breast removal to prevent a second cancer.

Firefox aims to power \$25 smartphone



II, and a range of Alcatel One-Touch devices including a tablet.

The entry-level smartphone would rely on integrated circuits made by Chinese electronics manufacturer Spreadtrum, he said.

People in Latin America and Eastern Europe had upgraded from simple "feature phones" to Firefox OS smartphones with downloadable applications and Internet access, he added.

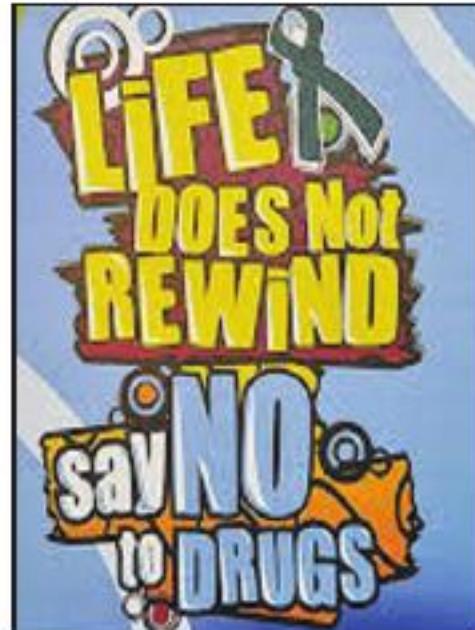
"Sales have far exceeded our targets. But 2013 was just the beginning. In 2014, we are differentiating our user experience and our partners are growing the portfolio of devices."

This year Spanish giant Telefonica will sell Firefox OS-based devices in another seven countries, mostly in South America, Sullivan said.

Mozilla did not say how many Firefox-powered smartphones have been sold since the system's launch last July.

The foundation did say, however, that it expected Firefox OS to spread to other devices including smart televisions.

The group signed in January a partnership with Panasonic for the system to be used in an Internet-connected television.



On the eve of the opening on Monday of the four-day Mobile World Congress in Barcelona, Spain, Mozilla announced the commercial launch of seven new devices using Firefox OS such as Chinese handset maker ZTE's smartphones Open C and Open

COMICS

PICKLES



MOMMA



CALVIN and HOBBES



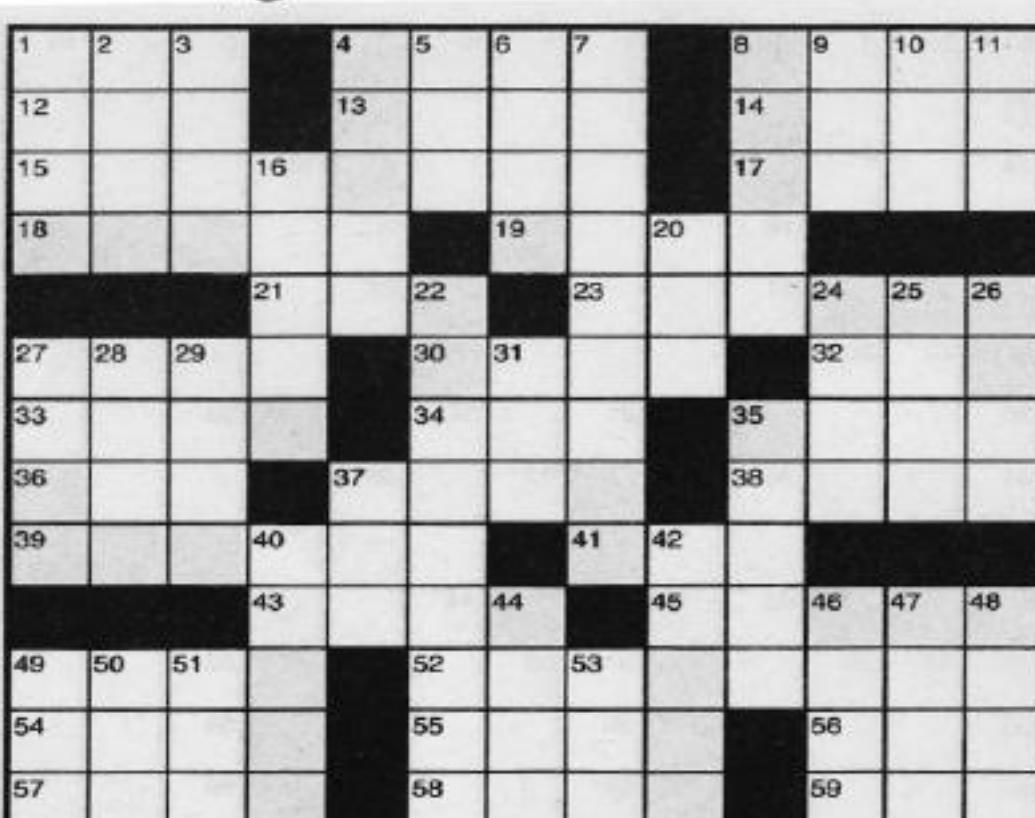
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ACROSS

- Those holding power
- Stepped on
- Fido's nuisance
- Hanoi holiday
- Roam
- Enjoy Dickens
- Keepsake
- Sgt. Snorkel's pooch
- Diva Moffo et al.
- Not Reps. or Inds.
- Computer's ___ port
- Soapsuds
- Hamburger holder
- Entertainer Adams
- Onassis, informally
- Sad news item, for short
- Detective, informally
- Swab (hyph.)
- Off ___ good start (2 wds.)
- The thing there
- Milit. school
- ___ tea
- Chem., e.g.
- Film holder
- Type of pear
- Dull, steady

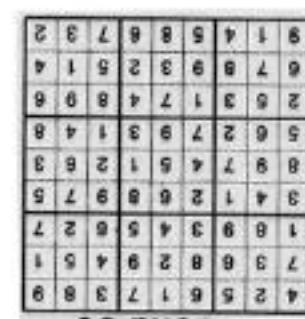


DOWN

- "___ girl!" (2 wds.)
- Display light
- Astound
- Curl
- Director Howard
- Ancient Roman poet
- ___ Brockovich"
- Talk show cohost Kelly
- Author Philip ("Goodbye, Columbus")
- Mitch Miller's instrument
- Pinocchio, e.g.
- Narc's org.

- Bums
- Frozen dew
- "___ It Be" (Beatles song)
- Consume
- Uproar
- Bank's chamber
- Daisy ___
- "O Little Town of ___"
- Caps
- ___
- Brockovich"
- Talk show cohost Kelly
- Author Philip ("Goodbye, Columbus")
- Mitch Miller's instrument
- Pinocchio, e.g.
- Narc's org.

SOLUTION



Complete the grid so that every row and every column contains the numbers 1 through 9
 A number is Never repeated in a row or column.
 In addition every rectangle must contain the numbers 1 through 9



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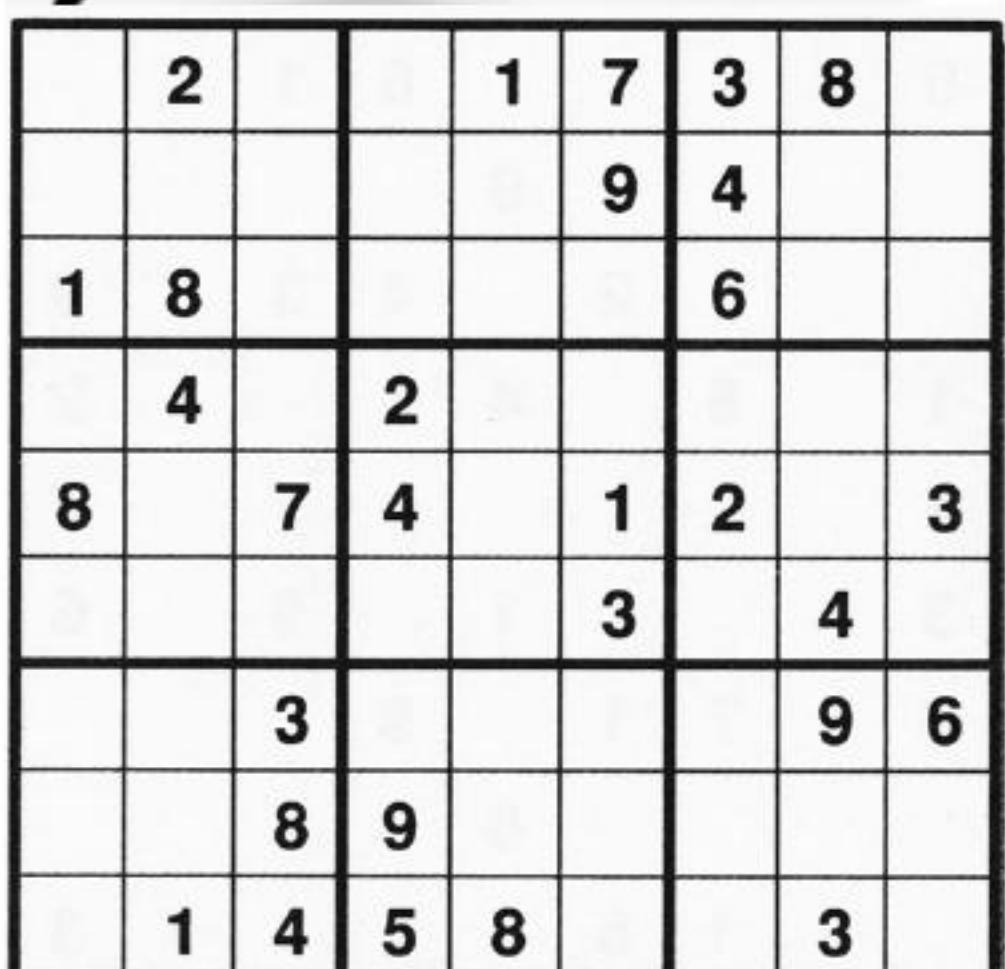
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The "hipper" and elegant new digs offer beautiful views, but Mama Luisa's magical touch in the kitchen is what

first won this charming eatery their loyal clientele. She can be counted on to be conjuring up the delicious dishes that have been in her family for generations. As Varella says, "My mom loves and lives to cook. Even when she is not at work in the restaurant, she is experimenting with new dishes all day at home.

She is the Queen of the Kitchen."

Be sure to try Luisa's acclaimed "Carni Stoba di Ma-

machi"- "Grandma's Beef Stew," or their fresh, whole snapper, with Mama Luisa's delectable salsa criollo. Don't miss the specialty of the house, a favorite local delicacy, Keshi Yena - "Filled Cheese." This is a tasty, filling stew of chicken, with other ingredients that are handy that day, all incased in a thick skin of melted Gouda. It is satisfying and particularly memorable. Regional side dishes and some of Mama's secret recipe prepara-

tion of banana hasa and creamy potatoes provide a deliciously picturesque meal.

The Queen's is located on the second level of Palm Beach Plaza, tucked into a cozy corner at the front of the mall. If you have a mind to try the real deal in Aruban food, without a doubt, this is the way to go, reasonably priced and easily accessible. A full menu can be seen on their website, <http://www.thequeensaruba.com/>.

Mama Luisa hard at work in the kitchen

Aside from an extensive regular menu they also have daily specials made from whatever is in season, and Mama Luisa is in the mood to prepare, so don't be shy about asking for something that may not be on the menu, as they are always eager to please.

The Queen's is open daily from 3:00 pm - 11:00 pm, offering both indoor and outdoor dining. Telf; 5860606

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Golf: McIlroy stretches club-house lead with strong finish

PALM BEACH GARDENS, (AFP) - Rory McIlroy seized a three-stroke lead in the clubhouse during Friday's second round of the \$6 million US PGA Honda Classic with a four-under par 66 that featured a strong finish.

The 24-year-old world number eight from Northern Ireland stood on 11-under 129 through 36 holes at PGA National, three strokes in front of American Russell Henley in the clubhouse and Zimbabwe's Brendon de Jonge, who had 13 holes remaining.

England's Lee Westwood and Scotsman Russell Knox shared fourth on 133 in the clubhouse with Welshman Jamie Donaldson and American Ryan Palmer sharing sixth on 134 through 36 holes.

McIlroy, who opened with a sizzling bogey-free 63 on Thursday, teed off on the back nine and found the right rough off the 11th tee on his way to a



bogey. Going over the 12th green led to another bogey.

But McIlroy turned around the day with a five-foot birdie putt at the 16th and a 12-foot birdie putt at the par-5 18th.

Then McIlroy ran off three birdies in a row starting at the par-5 third, where he left a 53-foot eagle putt inches short for a tap-in birdie.

McIlroy, a two-time major champion, won the event in 2012 to become a world number one for the first time in his career, but last year walked off the course complaining of toothache and mental fatigue.

This week, he has reclaimed the form that launched him to the top of the golf world and avoided the inconsistency that nagged him throughout last season.

"One of the goals this year for me was consistency," McIlroy said. "It's quite emotionally draining when you have all these highs and lows.

"More consistency in my golf game will flatten out those highs and lows and give me that. Confidence comes from making good swings."

Reigning British Open champion Phil Mickelson fired a 71 to stand on 141, just the wrong side of the projected cut line.

World number one Tiger Woods, among the late starters on Friday, opened with a 71 and was looking at having to snap a streak of five rounds at par or over at PGA National just to reach the weekend.

Football: Diego Costa set to make Spain debut against Italy

MADRID (AFP) - Atletico Madrid striker Diego Costa could make his debut for Spain after being named in Vicente del Bosque's 22-man squad for the world champions' friendly at home to Italy on March 5.

Costa completed the nationalisation process that allowed him to switch allegiances from Brazil to Spain in time for La Roja's friendlies against Equatorial Guinea and South Africa last November, but was forced to miss both games due to injury.

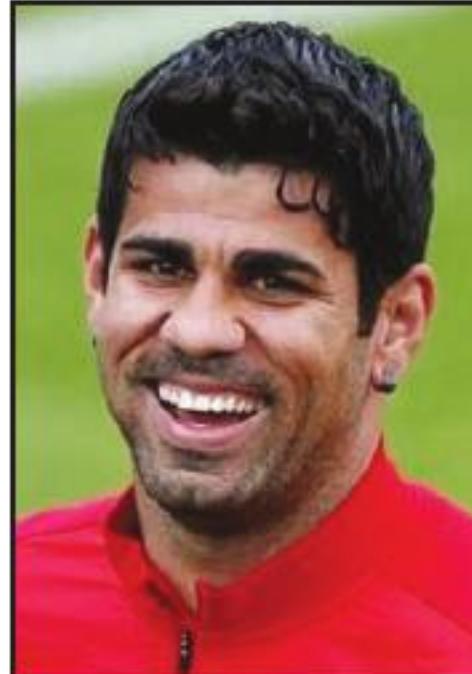
He is now expected to make his bow on home soil at the Vicente Calderon after scoring 27 times in all competitions this season.

"His is a singular case, he was born in Brazil but he has formed into a footballer in Spain and has shown in his club that he deserves to come into the squad, that is why we have called him up."

Gerard Pique is the only significant absentee through injury from the final match Spain will play before Del Bosque names his squad to defend the World Cup in Brazil later this year.

There was disappointment for David Villa, Fernando Torres and Juan Mata as all three were left out.

However, Del Bosque insisted that there was still plenty of time for those left out of the squad to make their case for a World Cup berth between now and the end of the season.



"This is a list exclusively for the game against Italy. We have practically three months of the season in front of us which could ratify those in this list or include others."

Bayern Munich's Thiago Alcantara is rewarded for his impressive form for the Bundesliga champions with a call-up to the senior squad for the first time this season.

Torres' Chelsea teammate Cesar Azpilicueta is also included for the first time since the Confederations Cup ahead of Real Madrid's Alvaro Arbeloa.

The match will be a rematch of the 2012 European Championship final, which Spain won 4-0.

However, both sides played out a far more competitive clash in the semi-finals of last year's Confederations Cup semi-final with Spain only progressing on penalties after a 0-0 draw after 120 minutes.

And the former Real Madrid boss is expecting another stiff test as preparation for a demanding start to their World Cup campaign as they face against Holland and Chile in their first two games in Brazil.

"Italy is one of the best teams in the world. They have a base of Juventus players and we have had tough meetings with them. "The Confederations Cup game was agonising and the final of the Euros was one of the best games we have played."

Spain squad

Goalkeepers: Iker Casillas (Real Madrid), Victor Valdes (Barcelona), Pepe Reina (Napoli/ITA)

Defenders: Sergio Ramos (Real Madrid), Jordi Alba (Barcelona), Javi Martinez (Bayern Munich/GER), Cesar Azpilicueta (Chelsea/ENG), Juanfran Torres (Atletico Madrid), Raul Albiol (Napoli/ITA)

Midfielders: Xavi Hernandez, Sergio Busquets, Andres Iniesta, Cesc Fabregas (all Barcelona), Xabi Alonso (Real Madrid), David Silva (Manchester City/ENG), Thiago Alcantara (Bayern Munich/GER), Koke (Atletico Madrid), Santi Cazorla (Arsenal/ENG)

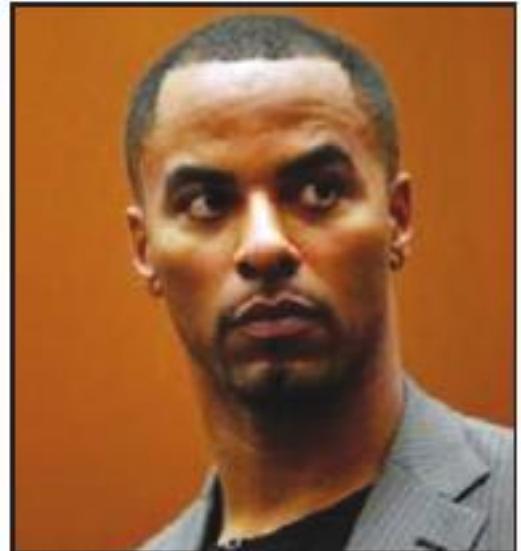
Forwards: Pedro Rodriguez (Barcelona), Jesus Navas, Alvaro Negredo (both Manchester City/ENG), Diego Costa (Atletico Madrid)



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BRIEFS:

LOS ANGELES - Former NFL star Darren Sharper has been jailed in downtown Los Angeles and will remain there until he is sent to New Orleans to appear in court on charges that he raped two women there last September, according to Los Angeles police. Sharper, 38, surrendered to Los Angeles police Thursday night without incident after authorities in New Orleans obtained a warrant for his arrest. Police suspect him of raping nine women in five states: two in New Orleans, two in Los Angeles, two in Las Vegas, two in Arizona and one in Miami, Fla.



NEVADA - Hours after Nevada disallowed fighters from therapeutic-use exemptions for testosterone, Ultimate Fighting Championship middleweight title challenger Vitor Belfort of Brazil withdrew from his scheduled May 24 championship shot at Chris Weidman. Former light-heavyweight champion Lyoto Machida will now fight Weidman at the MGM Grand. The 36-year-old Belfort (24-10), who last had a title shot against then-middleweight champion Anderson Silva in 2011 and has fought in the UFC since 1997, has used testosterone replacement therapy (TRT) in recent fights. The past allowance of TRT has been criticized given the performance-enhancing effects of testosterone, and the ability of athletes to secure prescriptions of questionable credibility. Belfort was suspended for nine months by Nevada in 2006 for testosterone use, and after three consecutive wins propelled him to the title shot, Nevada officials were watching his case closely.



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Football: Spain among six booking World Cup tuneups in US

NEW YORK (AFP) - Reigning champion Spain and five other nations playing in the World Cup have booked training matches at US venues in a "Road to Brazil" series announced Friday.

Promoters Soccer United Marketing have scheduled seven matches across American venues, capping the series with Spain's June 7 match against El Salvador at FedEx Field -- the 90,000-seat home of the NFL Washington Redskins.

Other Brazil-bound teams that will make US stopovers for tuneup friendlies include African Cup of Nations winner Nigeria, Greece, Bosnia

and Herzegovina, Ivory Coast and Honduras.

The schedule opens May 29 when Honduras and Turkey meet at RFK Stadium in Washington while Ivory Coast meets Bosnia and Herzegovina the next day at a venue to be determined.

Honduras will meet Israel on June 1 at Houston, Texas, while Nigeria and Greece play June 3 at the suburban Philadelphia home pitch of Major League Soccer's Philadelphia Union.

Ivory Coast and El Salvador meet on June 4 at the home park of MLS side FC Dallas and Greece will face

Bolivia on June 6 at the home of the MLS New York Red Bulls in Harrison, New Jersey.

While not part of the series, England's pre-World Cup schedule also features a US stopover for matches at Miami against Ecuador on June 4 and against Honduras three days later.

Portugal, featuring Cristiano Ronaldo, will also play US friendlies ahead of going to Brazil, facing fellow World Cup qualifier Mexico on June 6 at Foxboro, Massachusetts, and the Irish four days later at East Rutherford, New Jersey.

NBA: Masked James leads Heat to win over Knicks

MIAMI (AFP) - LeBron James, unhindered by the mask protecting his broken nose, poured in 31 points on Thursday to lead Miami to a 108-82 NBA rout of the New York Knicks.

James played for the first time since his nose was broken in a victory over the Oklahoma City Thunder a week earlier.

He sat out the Heat's victory over Chicago on Sunday, and said before the game he was a little concerned that the black protective mask obscured his vision just a bit.

On the floor however, the four-time NBA Most Valuable Player didn't seem to be bothered, connecting on 13 of his 19 attempts from the floor.

Dwyane Wade added 23 points on 10-of-13 shooting for Miami, who shot 60.3 percent overall and pulled away for their sixth straight victory with a dominant third quarter.

The reeling Knicks dropped their fourth straight.

Carmelo Anthony scored 29 points for New York and Tyson Chandler delivered a double-double of 19 points and 16 rebounds.

The Knicks, down by as many as 16 in the second quarter, trimmed the deficit to 55-50 at halftime.

But the Heat hit 12 of their 17 attempts in the third quarter, outscoring the visitors 32-14 to take firm control of the contest.

Wade capped an 11-0 scoring run with a three-point play that put Miami ahead by a 75-61 margin with less than four minutes remaining in the third.

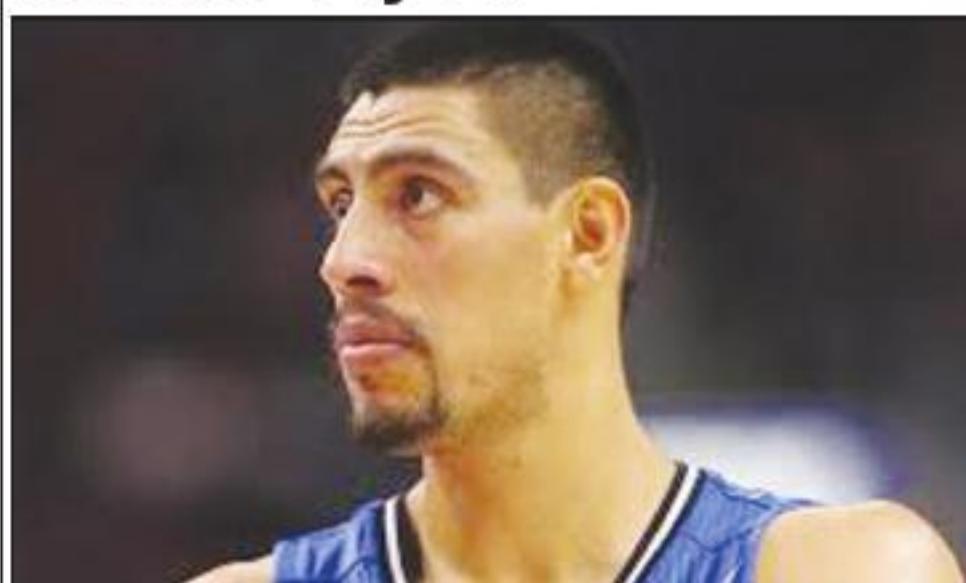
James scored seven points in a 10-0 run that left the outcome in little doubt heading into the fourth period.

Knicks guard Raymond Felton, who was arrested on gun charges two days earlier, shot 1-of-7 from the field for two points.

Felton, facing charges of criminal possession of a weapon and criminal possession of a firearm, can travel and play with the Knicks until a hearing on June 2.

Anthony said before the game that while interest in the matter could be a distraction for the Knicks, he thought game time was a respite for Felton and the rest of the team.

NBA: Shoulder surgery ends season for Hawks' Ayon



ATLANTA (AFP) - Atlanta Hawks center and power forward Gustavo Ayon of Mexico will miss the remainder of the NBA season after undergoing shoulder surgery on Friday, the team announced. Ayon will rest his repaired right shoulder and then begin treatment and rehabilitation. The 28-year-old frontliner, who stands 6 ft 10 (2.08m), had missed the Hawks' past five games. Ayon averaged 4.3 points and 4.8 rebounds in 26 games this season, 14 of them in a starting role for the Hawks. After three seasons in Mexico and two playing in Spain, Ayon joined the NBA with New Orleans in 2011 and spent last season with Orlando and Milwaukee before being signed by Atlanta last July. At 26-31, the Hawks cling to the eighth and final playoff spot in the Eastern Conference despite losing nine of their past 10 games.

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Baseball: Tanaka set for pre-season debut with Yankees

TAMPA (AFP) - Japanese pitcher Masahiro Tanaka makes his first game appearance for the New York Yankees on Saturday when they host Philadelphia in a Major League Baseball pre-season game.

Three weeks before the six-month major league campaign begins with games in Australia, the 25-year-old right-hander will enter the game in the fifth inning in a relief effort.

While Tanaka is expected to command a key spot in the Yankees' starting lineup, the relief appearance is designed to provide a brief look at how he is handling pre-season



workouts with an eye to starting assignments later in March.

"I understand there's going

to be a lot of attention on the results, the numbers of what I do out there," Tanaka said through a translator in a post-

ing on the team's website.

"But for me, I'm not looking at it at all. I just want to go out there and pitch my style and see how it is on the mound.

"At this point, I can't really think of anything that I'm having some difficulty adjusting to."

Tanaka signed a seven-year contract worth \$155 million with the Yankees in January after going 24-0 last year in leading the Rakuten Eagles to the Japan Series crown.

C.C. Sabathia will start and Japan's Hiroki Kuroda will enter in the third inning as Yankees manager Joe Girardi tests all of his planned starters.

"Hopefully he keeps his emotions in check," Girardi said. "That's what you worry about a little bit, trying to do too much."

"Players a lot of times want to validate contracts. Japanese-born players, I think there's a certain amount of pride. They feel they are pitching for their whole country sometimes and that can be a bit much."

Girardi says it is "pretty safe to say" that Tanaka's first regular-season start for the Yankees will come in the Yankees' third or fourth game of the campaign, either April 3 at Houston or April 4 at Toronto.

Football: Cyprus refs strike after bomb attack

NICOSIA (AFP) - Football referees in Cyprus decided Friday to go on strike in protest at a bomb attack on one of their colleagues, scrapping all matches this weekend.

The car of referee Leonidas Trattos was badly damaged in the blast at around 2:45 am outside his home in a suburb of the capital Nicosia, police said.

There were no casualties in the explosion, believed to have been detonated by remote control.

Trattos is an international official who has refereed World Cup and European Championship qualifiers as well as Europa League matches.

The strike affects all CFA fixtures from the first division through the lower leagues down to youth level football.

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